

River Falls Nutrition Program March 2019 Menu

119 Union Street - 715-425-9932

Serving Monday – Friday

*****Due to circumstances beyond our control, menu changes may occur from time to time*****

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="color: red; text-align: center;">Suggested Donation for: Congregate Dining: \$5.00 per meal Home-delivered Meals: \$6.50 per meal Please pay as much as you can afford, as we rely on donations from participants to keep the program going.</p>		 <p style="text-align: center;">What do you call an Irishman who keeps bouncing off the walls? <i>Rick O'Shea</i></p>	<p>1 Crunchy Potato Pollock Baked Potato Carrots Chef's Choice Fruit Dinner Roll Dessert</p>	
<p>4 Ham Loaf Baked Potatoes Peas Chef's Choice Fruit Garlic Biscuit Dessert</p>	<p>5 Swedish Meatballs Buttered Noodles Winter Blend Veggies Chef's Choice Fruit Breadstick Dessert</p>	<p>6 Pot Roast Mashed Potatoes w/ gravy Squash Chef's Choice Fruit Dinner Roll Dessert</p>	<p>7 Spaghetti & Meatsauce Green Beans Chef's Choice Fruit Garlic Bread Dessert</p>	<p>8 Lemon Baked Cod Au Gratin Potato California Blend Veggies Chef's Choice Fruit Dinner Roll Dessert</p>
<p>11 Orange Chicken Fried Rice Stir Fry Veggies Egg Roll Chef's Choice Fruit Dessert</p>	<p>12 Tater Tot Casserole Country Blend Veggies Chef's Choice Fruit Bread Slice Dessert</p>	<p>13 Oven Roasted Turkey Mashed Potatoes w/ gravy Green Bean Casserole Chef's Choice Fruit Dinner Roll Dessert</p>	<p>14 Beef Tips White Rice 5 Way Blend Veggies Chef's Choice Fruit Bread Stick Dessert</p>	<p>15 Crispy Fish Baked Potato Peas & Carrots Chef's Choice Fruit Dinner Roll Dessert</p>
<p>18 Corned Beef Cabbage Baby Reds Chef's Choice Fruit Dinner Roll Dessert</p>	<p>19 Stuffed Green Peppers Country Blend Veggies Chef's Choice Fruit Garlic Bread Dessert</p>	<p>20 Oven Fried Chicken Mashed Potatoes w/ gravy Rutabaga Blend Veggies Chef's Dessert Dinner Roll Dessert</p>	<p>21 Ham Egg Bake Biscuits & Gravy Fried Potatoes Chef's Choice Fruit Dessert</p>	<p>22 Baked Salmon Au Gratin Potatoes Broccoli Chef's Choice Fruit Dinner Roll Dessert</p>
<p>25 Smothered Pork Chops Baked Potato Country Blend Veggies Chef's Choice Fruit Garlic Biscuit Dessert</p>	<p>26 Chicken Tetrzzini Peas & Carrots Chef's Choice Fruit Bread Stick Dessert</p>	<p>27 Homestyle Meatloaf Mashed Potatoes w/ gravy Asparagus Chef's Choice Fruit Dinner Roll Dessert</p>	<p>28 Kielbasa w/ sauerkraut Stuffing California Blend Veggies Chef's Choice Fruit Garlic Biscuit Dessert</p>	<p>29 Seafood Alfredo Country Blend Veggies Chef's Choice Fruit Bread Stick Dessert</p>